



Using Career Exploration to Increase Career Search Self-efficacy

What is the level of evidence?

This practice was identified by the National Collaborative on Workforce and Disability for Youth (NCWD-Youth), and has been labeled by NTACT as a **Promising Practice**. *More information on NTACT's process for identifying effective practices is available here: [NTACT's Effective Practices](#).*

What is the practice?

Career exploration activities include experiences such as job shadowing, workplace visits and tours, guest speakers and employer presentations, career fairs and career days and career-focused mentoring.

Where is the best place to find out how to do this practice?

This Practice Brief on Career Exploration developed by NCWD-Youth provides examples and resources regarding career exploration: <http://www.ncwd-youth.info/innovative-strategies/practice-briefs/career-exploration-in-action>.

References used to establish this evidence base:

Solberg, V. S., Howard, K., Gresham, S., & Carter, E. (2012). Quality learning experiences, self-determination, and academic success: A path analytic study among youth with disabilities. *Career Development and Transition for Exceptional Individuals*, 35, 85-96.

This Practice Description was developed by The National Technical Assistance Center on Transition (NTACT), Charlotte, NC, funded by Cooperative Agreement Number H326E140004 with the U.S. Department of Education, Office of Special Education and Rehabilitative Services (OSERS). This document has been reviewed and approved by the OSERS. Opinions expressed herein do not necessarily reflect the position or policy of the U.S. Department of Education nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Department of Education. OSEP Project Officer: Dr. Selete Avoke. RSA Project Officer: Kristen Rhinehart-Fernandez. This product is public domain. Authorization to reproduce it in whole or in part is granted. While permission to reprint this publication is not necessary, the citation should be: National Technical Assistance Center on Transition (2015). *Using Career Exploration to Increase Career Search Self-Efficacy Practice Description*. This resource was developed using information from the National Collaborative on Workforce and Disability for Youth, funded by the U.S. Department of Labor's Office of Disability Employment Policy.